Name _____

# Saint Thomas More

Saint Thomas More decided to follow his conscience and do what he thought was right. Even though he had to suffer for his decision, he tried to encourage others around him.

He wrote letters to his daughter and his friends from prison, urging them to be courageous. He shows us that we can remain strong, supporting each other by our words and example.

Think about someone who is important in your life. Write his or her name here.

_____

How can you encourage or support this person? Write down your ideas.

_____

_____

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_____

Now choose one to idea to focus on this week. _____

_____

At the end of the week, reflect on your actions. How did your actions affect the other person?

_____

_____

_____

What might you do differently next week?_____

_____

_____

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